

## **Self Power & The Solar Plexus Chakra**

As a Reiki Master Practitioner and Teacher, I have found that many of my clients and students experience blockages and trauma to the Solar Plexus Chakra – the seat of Self Power.

The Solar Plexus Chakra is located in the area above the naval and below the heart. It houses our will and our perception of self power. When in balance and harmony its natural state is laughter, joy and feelings of empowerment. When disharmony or imbalance occurs the results can be manifested as feelings of powerlessness, anger, as well as pain affecting the areas of the stomach, liver, gallbladder, and pancreas.

Allowing someone else control over your will and self power is the most common cause of Solar Plexus disharmony in my experience. Your will and self power is designed to be yours. When you allow another person control over your will or when you allow them to exert power over you it creates symptoms related to the Solar Plexus Chakra. Chief symptomatic complaints include digestive issues, stomach problems, fat stored in the area and blood sugar imbalances.

Another cause I commonly see for Solar Plexus disharmony is that of living as a victim. There are those who perceive themselves as helplessly trapped in situations beyond their control. When this is the perception it is common to perceive yourself as a victim. In truth one may only be a victim so long as one allows it. Having grown up and then married into abusive relationships I can say with authority that when you are ready to move from victim to empowered, you can do so. Changing your perception is, in my own experience, an ongoing process but it can be done with amazing results.

Recognizing that you have given your self power away is the first step to bringing harmony back to the solar plexus chakra. Acknowledgement that allowing this giving over of self power is not for your best good is a key step to healing. Healing occurs as you allow yourself to reclaim your will and perception of self power. As you journey through this process, boundaries will be required to protect your new choices. Each time you hold your boundary you feel more empowered.

As you take the steps to bring balance and harmony to the solar plexus chakra you can enjoy the natural state that was intended for you – laughter, joy and empowerment. In every case I have witnessed symptoms heal as harmony is restored to the Solar Plexus Chakra.

*Wishing you Whole Wellness ~\*~*

*Regina Ann is a Usui Reiki Master Practitioner & Teacher, Trauma Release Therapy Master Practitioner & Teacher, Transformation Coach, Shaman, Published Author & Speaker, Mom to three sons and Twin Flame Soul Mate to Rich Bentz. Visit our blog [ResonanceHealing.blogspot.com](http://ResonanceHealing.blogspot.com)*

